OCCUPATIONAL ANALYSES SERIES

Cook

2003

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Développement des ressources humaines Canada

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Occupational Analyses Series

Cook

2003

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The Canadian Council of Directors of Apprenticeship (CCDA) recognizes this Occupational Analysis as the national standard for the occupation of Cook.

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This analysis was prepared by the Human Resources Partnerships Directorate of HRDC. The overall planning and coordination of the development of this analysis were undertaken by staff members of HRDC's Policy and Apprenticeship Division.

OTHER RELATED OCCUPATIONAL TITLE

This analysis covers tasks performed by a Cook whose occupational title has been identified by some provinces and territories of Canada under the name of:

- Cooking (Commercial)

LIST OF PUBLISHED OCCUPATIONAL ANALYSES *

TITLE	NOC**Code
Appliance Service Technician (1997)	7332
Aquaculture Technician (1977)	2221
Arts Administrator (1989)	0114
Automotive Painter (1995)	7322
Automotive Service Technician (1998)	7321
Automotive Technician - Automatic Transmission (1990)	7321
Automotive Technician - Electrical/Electronics (1992)	7321
Automotive Technician - Engine Repair and Fuel Systems (1989)	7321
Automotive Technician - Front-End (1989)	7321
Automotive Technician - Manual Transmission, Driveline and Brakes (1990)	7321
Aviation Machinist (1994)	7231
Baker (1997)	6252
Blaster (Surface) (1987)	7372
Boilermaker (2003)	7262
Bricklayer (2000)	7281
Cabinetmaker (2000)	7272
Carpenter (1998)	7271
Cement Finisher (1995)	7282
Construction Electrician (2003)	7241
Cook (2003)	6242
Electrical Rewind Mechanic (1999)	7333
Electronics Technician - Consumer Products (1997)	2242
Electronics Technician Vol. I (1986) (Video Equipment)	2242
Electronics Technician Vol. II (1986) (Audio Equipment)	2242
Electronics Technician Vol. III (1986) (Computer Equipment)	2242

* **Red Seal analyses are indicated in bold**

** **National Occupational Classification**

Electronics Technician Vol. IV (1986) (Office Equipment)	2242
Electronics Technician Vol. VI (1986) (Communication Equipment)	2242
Electronics Technician Vol. VII (1986) (Signalling Equipment)	2242
Electronics Technician Vol. VIII (1986) (Navigation Equipment)	2242
Electronics Technician Vol. IX (1986) (Video Game Equipment)	2242
Electronics Technician Vol. X (1987) (CADD Equipment)	2242
Electronics Technician Vol. XI (1987) (CAM Equipment)	2242
Electronics Technician Vol. XII (1987) (Robotics Equipment)	2242
Electronics Technician Vol. XIII (1987) (Biomedical and Laboratory Equipment)	2242
Electronics Technician Vol. XIV (1987) (Industrial Process-Control Equipment)	2243
Farm Equipment Mechanic (2000)	7312
Floorcovering Installer (1997)	7295
Glazier (1994)	7292
Hairstylist (1997)	6271
Heating (Gas and Oil) Servicer - Commercial and Industrial (1978)	7331
Heavy Duty Equipment Mechanic (1998)	7312
Heavy Equipment Operator (1983)	7421
Industrial Electrician (1997)	7242
Industrial Instrument Mechanic (2000)	2243
Industrial Mechanic (Millwright) (1999)	7311
Insulator (Heat and Frost) (2000)	7293
Ironworker (Generalist) (1993)	7264
Lather (Interior Systems Mechanic) (2002)	7284
Logistics (1992)	0713
Machinist (1998)	7231
Major Electrical Appliance Repairer (1984)	7332

Mobile Crane Operator (1997)	7371
Motorcycle Mechanic (1995)	7334
Motor Vehicle Body Repairer (Metal and Paint) (1997)	7322
New Home Builder and Residential Renovation Contractor (1992)	0712
Oil Burner Mechanic (1997)	7331
Painter and Decorator (2000)	7294
Partsperson (1995)	1472
Plumber (1996)	7251
Power Engineer (1997)	7351
Powerline Technician (1996)	7244
Recreation Vehicle Mechanic (2000)	7383
Refrigeration and Air Conditioning Mechanic (1997)	7313
Roofer (1997)	7291
Sheet Metal Worker (1997)	7261
Sprinkler System Installer (2003)	7252
Steamfitter-Pipefitter (1996)	7252
Steel Fabricator (Fitter) (1994)	7263
Tool and Die Maker (1997)	7232
Truck-Trailer Repairer (1994)	7321
Truck and Transport Mechanic (2000)	7321
Welder (1996)	7265

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FOREWORD

The first National Conference on Apprenticeship in Trades and Industries, held in Ottawa in 1952, recommended that the federal government be requested to co-operate with provincial apprenticeship committees and officials in preparing analyses of a number of skilled occupations. To this end, Human Resources Development Canada sponsors a program, under the guidance of the Canadian Council of Directors of Apprenticeship (CCDA), to develop a series of occupational analyses.

The Occupational Analysis Program has the following objectives:

- to identify and group the tasks performed by skilled workers in particular occupations;

- to identify those tasks that are performed by skilled workers in every province and territory;

- to develop instruments for use in the preparation of interprovincial standards "Red Seal" examinations and curricula for training leading to the certification of skilled workers;

- to facilitate the mobility, in Canada, of trainees and skilled workers; and

- to supply employers and employees, and their associations, industries, training institutions and governments with analyses of the tasks performed in particular occupations.

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GUIDE TO ANALYSIS

DEVELOPMENT OF ANALYSIS

A draft analysis is developed by a knowledgeable consultant who, with the assistance of a committee of industry experts in the field, identifies all the tasks performed in the occupation.

The draft is then assigned to occupational analysts at Human Resources Development Canada for translation and then returned to the consultant for review to ensure conformity with the nationally approved format.

The consultant will then forward a copy of this analysis to provincial/territorial authorities for validation by specialists in the field. Their recommendations are assessed and incorporated into the final draft that also includes the identification of the common core tasks performed in the occupation.

The occupational analysis is published in both official languages.

STRUCTURE OF ANALYSIS

To facilitate the understanding of the nature of the occupation, the work performed is divided into the following divisions:

A. **BLOCK** - is the largest division within the analysis and reflects a distinct operation relevant to the occupation.

B. **TASK** - is the distinct activity that, combined with others, makes up the logical and necessary steps the worker is required to perform to complete a specific assignment within a "BLOCK".

C. **SUB-TASK** - is the smallest division into which it is practical to subdivide any work activity and, combined with others, fully describes all duties constituting a "TASK".

Supporting Knowledge & Abilities

The element of skill and knowledge that an individual must acquire to adequately perform the task is identified under this heading.

Trends

Any shifts or changes in technology that affect the block are identified under this heading.

Related Products/Items

All products or items relating to a specified task being undertaken by the cook are identified under this heading.

Tools and Equipment

All tools and equipment necessary for the cook to complete a task are identified under this heading.

VALIDATION METHOD

At the request of the Canadian Council of Directors of Apprenticeship (CCDA), the Standardization Sub-Committee developed a method for the validation of the Red Seal National Occupational Analyses.

A draft of the analysis is sent to all provinces/territories for validation. Each jurisdiction rates the sub-tasks and applies percentage ratings to blocks and tasks. This method for the validation of the national occupational analyses identifies common core tasks across Canada for a specific occupation. This feature facilitates the weighting of the Interprovincial Red Seal examinations.

DEFINITIONS

YES: - the sub-task is performed by workers in the occupation in a specific jurisdiction.

NO: - the sub-task is not performed by workers in the occupation in a specific jurisdiction.

BLOCK %: - the average number of questions (items), derived from the collective decision made by workers within the occupation from all areas of Canada, that will be placed on an interprovincial examination to assess each block of the analysis.

TASK %: - the average number of questions (items), derived from the collective decision made by workers within the occupation from all areas of Canada, that will be placed on an interprovincial examination to assess each task of the analysis.

NV: Not Validated by a province/territory.

ND: Not Designated in a province/territory.

PROVINCIAL/TERRITORIAL ABBREVIATIONS

NL:	Newfoundland and Labrador
NS:	Nova Scotia
PE:	Prince Edward Island
NB:	New Brunswick
QC:	Quebec
ON:	Ontario
MB:	Manitoba
SK:	Saskatchewan
AB:	Alberta
BC:	British Columbia
NT:	Northwest Territories
YK:	Yukon
NU:	Nunavut

COMMON CORE

The criteria for determining common core depend on the performance of sub-tasks. If 70 percent of the responding jurisdictions (excluding NVs and NDs) perform the sub-task, it shall be considered common core.

Interprovincial Red Seal examinations are based on the common core identified through this validation process. This process identifies what will be assessed through the interprovincial examination.

BLOCKS AND TASKS WEIGHTING (APPENDIX "C")

This appendix represents the block and task percentages as submitted by each jurisdiction.

Each jurisdiction, with the use of a provincial/territorial occupational advisory committee, validates the content, places percentages on blocks and tasks, and indicates whether or not the sub-tasks are performed by the skilled workers within the occupation. The results of this exercise are submitted to the consultant who then analyses the data and develops this appendix that provides the individual jurisdictional validation results as well as the national averages for all responses.

PIE CHART (APPENDIX "D")

The graph depicts the national percentages assigned to blocks in the analysis.

SCOPE OF THE COOK OCCUPATION

For the purposes of this analysis, a cook is a fully qualified tradesperson who is able to: prepare, cook and present a wide variety of foods efficiently and according to industry standards; be thoroughly familiar with safety requirements, safe work practices and health regulations pertaining to food preparation and service.

Cooks generally are employed in restaurants, hotels, hospitals, clubs, central food commissaries, correctional institutions, catering establishments and educational institutions. Cooks can also be found working in the transportation industry aboard ships, trains or airplanes and at construction and logging campsites. Each working environment offers the opportunity to use many of the skills outlined in this analysis.

It should be noted that due to the specialization of menus and the rising cost of food, it may not always be possible for cooks to fully utilize their skills in one food service establishment. Individuals wishing to enhance their proficiencies in particular skills may need to be exposed to several food service operations.

Some of the tasks identified in this analysis overlap with the trades of baker and meat cutter. A certified cook should be proficient in the skills that are common to the occupations of baker and cook as well as those that are common to the occupations of meat cutter and cook. Depending upon the size of the food service operation, a certified cook may be requested to perform all of the tasks identified in this analysis. A certified cook, proficient in multiple tasks, may have greater job opportunities and be able to adjust more rapidly to future needs.

This analysis identifies all the tasks performed by cooks. It can be used as a basis for the development of training profile charts for vocational schools and apprenticeship training programs. The body of the analysis is limited by its terms of reference to a description of the "work performed" in the cooking occupation. It omits identification of other factors, such as aptitudes and capacities, interest and temperaments, and the conditions under which the worker performs his/her duties.

OCCUPATIONAL OBSERVATIONS

Some significant observations and trends emerged from the national occupational analysis of the cooks' occupation. These observations and trends are briefly outlined in this section.

Cooks have changed their cooking styles to reflect the general trend of lighter, more healthful and additive-free cuisines. The consumer is also favouring more ethnic-oriented menus and supports local, readily available food products.

As consumers are increasingly concerned with more healthful foods, demands are put on cooks to modify their recipes and include low sodium and low cholesterol ingredients. The fundamentals of basic nutrition, including sanitation and hygiene, are critical and reinforced more diligently.

Other important areas that have gained even greater significance with food service operators, including cooks, are: food costing, portion control, waste control, purchasing control, and even basic kitchen management. Today, employers are seeking individuals who employ these food service standards in their day-to-day operations. Of particular note is the trend to the use of convenience foods as a method of reducing preparation time and meeting customer demands for quick service. In today's industry, presentation (plating techniques) is a higher profile area in the occupation of cook.

With regards to new technologies, they have provided only limited advantages to the labour intensive nature of this occupation.

SAFETY

Safe working procedures and conditions, accident prevention and the preservation of health are of primary importance to industry in Canada. These responsibilities are shared and require the joint efforts of government, employers and employees. It is imperative that all parties become aware of circumstances that may lead to injury or harm. Safe learning experiences and environments can be created by controlling the variables and behaviours that may contribute to an accident or injury.

It is generally recognized that a safety-conscious attitude and work practices contribute to a healthy, safe and accident-free working environment.

It is imperative to apply and be familiar with the Occupational Health and Safety Act and Regulations. As well, it is essential to determine workplace hazards and take measures to protect oneself, co-workers, the public and the environment.

As safety education is an integral part of training in all jurisdictions, personal safety practices are not recorded in this document. However, the technical safety aspect relating to each task and sub-task are included throughout this analysis.

ANALYSIS

BLOCK A

OCCUPATIONAL SKILLS

Trends: *Cooks are becoming more and more involved in the planning of menus, food costing, portion controls, waste controls, purchasing controls and, in some cases, basic kitchen management. The computer (Internet) is more frequently consulted for assistance in planning and managing food service. HACCP (Hazard Analysis Critical Control Points) training is mandatory in most regions and has a greater impact on the industry as a whole. It is to be noted that all food service operators must abide by the established health and sanitation standards.*

Task 1 **Participates in menu planning.**

Related Products/Items: Ethnic themes, client preferences and specifications (vegetarian, genetically altered foods, allergic reactions), convenience foods.

Tools and Equipment: Cookbooks, Canada Food Guide, equipment manuals, computer (Internet).

Sub-task

1.01 **Reviews menu.**

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

1.01.01 knowledge of menu styles

1.01.02 knowledge of types of service

1.01.03 knowledge of balanced menus

1.01.04 knowledge of menu terminology

1.01.05 ability to interpret menu specifications

Sub-task

1.02 Reviews customer requirements.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

1.02.01	knowledge of types of allergies and allergic reactions
1.02.02	knowledge of types of diets
1.02.03	knowledge of regional and ethnic requirements
1.02.04	knowledge of basic nutrition
1.02.05	ability to adapt to special requirements

Sub-task

1.03 Reviews kitchen capabilities.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

1.03.01	knowledge of available kitchen help
1.03.02	knowledge of staff requirements and available staff
1.03.03	knowledge of work flow (mise en place) requirements
1.03.04	knowledge of storage capabilities
1.03.05	knowledge of production timing
1.03.06	ability to assess and adapt to kitchen operational requirements

Task 2 **Maintains sanitary standards.**

Related Products/Items: Prescribed pest controls, recycling standards, sanitary codes and standards, HACCP manuals, house policies, federal/municipal/ provincial/territorial regulations, Food Safe, personal hygiene.

Tools and Equipment: Cleaning equipment, thermometers, soap, sanitizing chemicals, potable water, dishwashers, sinks, personal hygiene tools (fingernail brushes, gloves), first aid kit.

Sub-task

2.01 Sanitizes tools and equipment. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

2.01.01	knowledge of sanitation regulations
2.01.02	knowledge of sanitizing products
2.01.03	knowledge of sanitation procedures
2.01.04	ability to disassemble and assemble kitchen tools and equipment for sanitizing purposes
2.01.05	ability to apply approved sanitation procedures

Sub-task

2.02 Practises personal hygiene. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

2.02.01	knowledge of hygienic standard practices
2.02.02	knowledge of hand washing techniques
2.02.03	knowledge of health concerns and implications of poor/sub-standard sanitary conditions
2.02.04	ability to maintain hygienic conditions

Sub-task

2.03 Practises food safety procedures. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

2.03.01	knowledge of types of bacteria and their effects
2.03.02	knowledge of time and temperature controls (danger zones)
2.03.03	knowledge of conditions for cross-contamination
2.03.04	knowledge of cooking and chilling
2.03.05	knowledge of blast-chilling
2.03.06	ability to recognize spoilage and take appropriate action to keep food safe for consumption
2.03.07	ability to detect danger zones
2.03.08	ability to prevent cross-contamination

Sub-task

2.04 Practises good housekeeping. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

2.04.01	knowledge of good housekeeping practices
2.04.02	knowledge of local regulations
2.04.03	knowledge of employer practices and procedures
2.04.04	knowledge of pest controls
2.04.05	knowledge of recycling procedures
2.04.06	ability to detect pest infestation or risk of infestation
2.04.07	ability to prevent hazardous situations

Task 3 **Participates in production procedures.**

Related Products/Items: Daily food planning and preparation.

Tools and Equipment: Recipes, reference manuals and cookbooks, glossary of cooking terms, menus.

Sub-task

3.01 Scales recipes proportionally. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

3.01.01	knowledge of weights and measures
3.01.02	knowledge of preparation methods
3.01.03	knowledge of cooking methods
3.01.04	ability to interpret recipes
3.01.05	ability to adapt recipes (geographic location or conditions, i.e. above or below sea level, etc.)
3.01.06	ability to convert to and from metric and imperial measurements
3.01.07	ability to use scales and measuring devices

Sub-task

3.02 Selects tools and equipment. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

3.02.01	knowledge of types of tools and equipment
3.02.02	knowledge of applications of tools and equipment
3.02.03	ability to match tools and equipment to requirements

Sub-task

3.03 Maintains tools and equipment.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

3.03.01	knowledge of basic maintenance procedures
3.03.02	knowledge of manufacturers' recommendations
3.03.03	knowledge of required basic maintenance
3.03.04	ability to recognize defective tools and equipment
3.03.05	ability to sharpen knives

Sub-task

3.04 Communicates in standard culinary terms.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

3.04.01	knowledge of culinary terms
3.04.02	knowledge of applicable terms
3.04.03	ability to use terminology in context

Sub-task

3.05 Works in co-ordination with staff.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

3.05.01	knowledge of work stations
3.05.02	knowledge of staff roles
3.05.03	knowledge of labour standards
3.05.04	ability to communicate effectively

Task 4 **Reviews cost controls.**

Related Products/Items: Ordering and receiving procedures, storing procedures, products list, menus, recipes, inventory list, security measures.

Tools and Equipment: Calculators, writing pads, writing paper, scales, padlocks, telephone, fax, computer.

Sub-task

4.01 Orders products.

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

Supporting Knowledge & Abilities

4.01.01	knowledge of standardized food and menu specifications
4.01.02	knowledge of suppliers
4.01.03	knowledge of product availability
4.01.04	knowledge of ordering procedures
4.01.05	knowledge of required inventory
4.01.06	ability to follow ordering procedures
4.01.07	ability to determine required quantities

Sub-task

4.02 Receives products.

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

Supporting Knowledge & Abilities

4.02.01	knowledge of acceptable product quality
4.02.02	knowledge of receiving policies and procedures
4.02.03	ability to verify invoices and detect discrepancies
4.02.04	ability to verify product and quality

Sub-task

4.03 Stores food according to standard procedures.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

4.03.01	knowledge of storing methods
4.03.02	knowledge of product rotation
4.03.03	knowledge of inventory controls
4.03.04	knowledge of food shelf life
4.03.05	knowledge of storage limits
4.03.06	knowledge of packaging and labelling procedures
4.03.07	ability to package and label food

Sub-task

4.04 Maintains cost controls.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

4.04.01	knowledge of food costing techniques
4.04.02	knowledge of labour forecasting techniques
4.04.03	knowledge of scheduling techniques
4.04.04	knowledge of menu forecasting
4.04.05	knowledge of security procedures (against theft, wastage)
4.04.06	ability to forecast labour requirements
4.04.07	ability to write kitchen schedules
4.04.08	ability to determine yield and portion controls
4.04.09	ability to determine mise-en-place requirements
4.04.10	ability to maintain security (against theft,

wastage)

Task 5 **Maintains standard industry practices.**

Related Products/Items: Provincial and interprovincial trade requirements, trade associations.

Tools and Equipment: Occupational analyses, trade magazines, trade regulations, food service establishments' policies and procedures.

Sub-task

5.01 Follows recipes. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

5.01.01 knowledge of importance of recipes (e.g., role in planning, cost controls, allergy alerts, portioning, etc.)

5.01.02 knowledge of recipe sequence

5.01.03 knowledge of approved substitute ingredients

5.01.04 ability to detect discrepancies/errors in recipes

5.01.05 ability to incorporate substitute ingredients

Sub-task

5.02 Assures ingredient quality. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

5.02.01 knowledge of acceptable ingredient quality

5.02.02 knowledge of storage requirements and standards

5.02.03 knowledge of receiving policies and procedures

5.02.04 ability to recognize sub-standard ingredient quality

Sub-task

5.03 Uses standard cooking methods and procedures.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

5.03.01	knowledge of cooking methods and procedures
5.03.02	knowledge of application of various cooking methods
5.03.03	ability to apply appropriate cooking methods

Sub-task

5.04 Assures finished product quality.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

5.04.01	knowledge of finished quality standards
5.04.02	knowledge of establishment's standards
5.04.03	knowledge of methods required to maintain finished product quality
5.04.04	ability to select appropriate methods to maintain finished product quality
5.04.05	ability to apply appropriate methods to maintain finished product quality

Sub-task

5.05 Determines doneness of prepared foods.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

5.05.01	knowledge of levels of doneness

Supporting Knowledge & Abilities

5.05.02	knowledge of methods used to determine doneness
5.05.03	knowledge of recipe and client specifications
5.05.04	knowledge of corrective action required to ensure doneness
5.05.05	ability to determine levels of doneness

BLOCK B

STOCKS, SOUPS AND SAUCES

Trends: *Towards the use of self-thickening products and a reduction in the use of heavy thickeners. More and more establishments are using high-quality convenience products containing no MSG and lower levels of sodium. Responding to customer preferences has led to the incorporation of regional differences, more healthful soups (low-fat, low-sodium), less sauces and more marinades.*

Task 6 **Prepares thickening agents.**

Related Products/Items: Roux (brown, blond, white), beurre manié, starches, modified starch, white wash or slurry, liaison, butter, eggs.

Tools and Equipment: Bowls, whisk, pans, steam kettle, measuring tools, roasting pans, spoons, scales, cooking ranges, ovens.

Cooking Methods: Baking, dry cooking, moist cooking, simmering, tempering.

Sub-task

6.01 **Selects ingredients.** **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

6.01.01 knowledge of types of ingredients

Supporting Knowledge & Abilities

6.01.02 knowledge of ingredient properties

Sub-task

6.02 Combines ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

6.02.01 knowledge of types of thickening agents

6.02.02 knowledge of ratios

6.02.03 knowledge of combining methods

6.02.04 ability to determine ratios

Sub-task

6.03 Cooks ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

6.03.01 knowledge of cooking requirements

6.03.02 ability to determine doneness

Task 7 Prepares stocks.

Related Products/Items: Stocks (brown, white, blond), vegetable stocks, meat stocks (chicken, beef, pork, fish, game).

Tools and Equipment: Roasting pans, stock pots, steam kettle, tilting skillets, ladles, china cap, skimmer, cheese cloth, paddle, cooking range, burners, ice baths.

Cooking Methods: Roasting, sweating, sautéing, deglazing, simmering.

Sub-task

7.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

7.01.01	knowledge of types of stocks
7.01.02	knowledge of types of ingredients
7.01.03	knowledge of recipe
7.01.04	ability to identify type of stocks

Sub-task

7.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

7.02.01	knowledge of ratios
7.02.02	knowledge of recipe
7.02.03	ability to follow recipe
7.02.04	ability to determine ratios

Sub-task

7.03 Cooks stocks. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

7.03.01	knowledge of cooking times
7.03.02	knowledge of cooking procedures
7.03.03	knowledge of cooking techniques
7.03.04	knowledge of clarifying techniques

7.03.05 knowledge of cooling procedures

Supporting Knowledge & Abilities

7.03.06 ability to evaluate quality of stock

7.03.07 ability to adjust characteristics of stock

7.03.08 ability to strain stock

7.03.09 ability to clarify stock

7.03.10 ability to cool and store stock

Task 8 Prepares soups.

Related Products/Items: Soups (clear, creams, chowders, bisques, potages, self-thickening, national, regional, ethnic, cold).

Tools and Equipment: Pots, ladles, spoon, measuring devices, food mills, china caps, hand mixer, whisks, cheese cloth, spigot, stockpot, kettle, food processor, ice bath, bowls.

Cooking Methods: Sweating, sautéing, flambéing, simmering, blanching.

Sub-task

8.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

8.01.01 knowledge of soup classifications

8.01.02 knowledge of types of ingredients

8.01.03 knowledge of types of soups according to classification

8.01.04 knowledge of recipes

8.01.05 ability to identify ingredients

Sub-task

8.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

8.02.01	knowledge of processing methods
8.02.02	knowledge of ratios

Sub-task

8.03 Cooks soups. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

8.03.01	knowledge of cooking techniques
8.03.02	knowledge of thickening agents
8.03.03	knowledge of cooking times and temperatures
8.03.04	ability to incorporate thickening agents
8.03.05	ability to clarify
8.03.06	ability to follow recipe

Sub-task

8.04 Serves soups. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

8.04.01	knowledge of accompaniments and garnishes
8.04.02	knowledge of types of serving vessels
8.04.03	knowledge of service methods
8.04.04	ability to select related accompaniments and garnishes

8.04.05 ability to select related vessels

Supporting Knowledge & Abilities

8.04.06 ability to maintain required temperature

8.04.07 ability to prepare garnishes

Task 9 Prepares sauces.

Related Products/Items: Mother sauces and derivatives (classical), cold sauces, non-traditional (mustard, salsa, pure fruit sauces), butter sauces, compound butter.

Tools and Equipment: Pans, pots, strainers, hand mixer, food processor, knives, measuring devices, mandolin, skimmer, hand tools (whisks, spoons).

Cooking Methods: Sweating, reducing, sautéing, simmering.

Sub-task

9.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

9.01.01 knowledge of sauce classifications

9.01.02 knowledge of types of sauces based on classification

9.01.03 knowledge of types of ingredients

9.01.04 knowledge of recipe

9.01.05 ability to identify ingredients

Sub-task

9.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

9.02.01 knowledge of processing methods

Supporting Knowledge & Abilities

9.02.02 knowledge of ratios

9.02.03 knowledge of components of sauces

9.02.04 ability to select correct process

Sub-task

9.03 Cooks sauces.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

9.03.01 knowledge of cooking techniques

9.03.02 knowledge of thickening agents

9.03.03 knowledge of cooking times

9.03.04 knowledge of cooking temperatures

9.03.05 ability to select proper cooking techniques

9.03.06 ability to incorporate thickening agents

9.03.07 ability to adjust characteristics of sauces

Sub-task

9.04 Serves sauces.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

9.04.01 knowledge of garnishes

9.04.02 knowledge of uses of sauces

9.04.03 ability to prepare garnishes

BLOCK C

VEGETABLES AND FRUIT

Trends: *Towards the use of other less traditional (classical) products such as organically grown vegetables. Regional and international products are gaining popularity in the North American food service industry. There is a decrease in the use of potatoes and an increase in pre-peeled, pre-cut, pre-seeded, genetically modified fruit. There is also an increase in year-round availability of products.*

Task 10 **Prepares vegetables.**

Related Products/Items: Root, flowers, tubers, legumes, leaf, bulbs, dried vegetables, fungi.

Tools and Equipment: Pots, pans, steamer, colanders, sauté pans, broiler, grill, smokers, ovens, woks, griddle plate, tongs, spoons, peeler, scoops, cutting boards, knives, fryers, combination ovens, small cooking wares.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Note: Potatoes are included in this section only and not in starches.

Sub-task

10.01 **Selects vegetables.** **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

10.01.01	knowledge of types of vegetables including specialty vegetables
10.01.02	knowledge of required grade and size
10.01.03	knowledge of seasonal availability
10.01.04	ability to identify vegetables
10.01.05	ability to determine quality of vegetables
10.01.06	ability to preserve quality at different stages of use

Sub-task

10.02 Cleans vegetables. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

10.02.01	knowledge of cleaning procedures
10.02.02	knowledge of proper secondary storage procedures
10.02.03	ability to apply appropriate cleaning procedures
10.02.04	ability to select tools

Sub-task

10.03 Cuts vegetables. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

10.03.01	knowledge of different cuts including classical
10.03.02	knowledge of secondary preparation and preservation methods prior to cooking
10.03.03	ability to match cut to vegetable

Sub-task

10.04 Cooks vegetables. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

10.04.01	knowledge of cooking requirements
10.04.02	knowledge of vegetable chemical properties (acidic, alkaline)
10.04.03	ability to adapt cooking methods to vegetable
10.04.04	ability to retain pigmentation of vegetables

Sub-task

10.05 Serves vegetables. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

10.05.01	knowledge of holding techniques, temperature and timing
10.05.02	knowledge of portion controls
10.05.03	knowledge of presentation methods
10.05.04	ability to follow service procedures

Task 11 Prepares fruit.

Related Products/Items: Fruit, exotic fruit, dried fruit and nuts.

Tools and Equipment: Pots, pans, steamer, colanders, sauté pans, broiler, grill, smokers, ovens, woks, griddle plate, tongs, spoons, peeler, scoops, cutting boards, knives, frying pans, fryer, combination ovens, small wares.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Sub-task

11.01 Selects fruit. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

11.01.01	knowledge of types of fruit including specialty fruit (exotic)
11.01.02	knowledge of grades and size of fruit
11.01.03	knowledge of seasonal availability
11.01.04	ability to identify fruit
11.01.05	ability to determine quality and ripeness of fruit

11.01.06 ability to preserve quality at different stages of use

Sub-task

11.02 Cleans fruit. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

11.02.01 knowledge of cleaning procedures

11.02.02 knowledge of proper secondary storage procedures

11.02.03 ability to apply appropriate cleaning procedures

11.02.04 ability to select cleaning tools

Sub-task

11.03 Cuts fruit. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

11.03.01 knowledge of different cuts including classical

11.03.02 knowledge of secondary preparation and preservation methods prior to cooking

11.03.03 ability to match cut to fruit

Sub-task

11.04 Cooks fruit. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

11.04.01 knowledge of cooking requirements

11.04.02 knowledge of fruit chemical properties (acidic, alkaline)

11.04.03 ability to adapt cooking methods to type of fruit

11.04.04 ability to retain fruit colour and appeal

Sub-task

11.05 Serves fruit. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

11.05.01 knowledge of holding techniques, temperature and timing

11.05.02 knowledge of portion controls

11.05.03 knowledge of presentation methods

11.05.04 ability to follow service procedures

BLOCK D

PASTAS AND FARINACEOUS PRODUCTS (STARCHES)

Trends: *Towards the use of other, less traditional products such as legumes, risotto and organically grown ingredients. Towards greater selection of pasta dishes and lighter ingredient. There is an increase in the use of pastas and farinaceous products due to health concerns and eating trends, e.g., an increase in vegetarian diets. Fresh products with a wider variety of flavours and types are more readily available. Technological advances have allowed for longer shelf life of fresh pastas. Imported dried pastas are also more readily available. Organically grown ingredients and a greater variety of types of flours have entered the industry and are in greater demand. These are used in a wider variety of applications. Flavoured rice has also become more popular.*

Task 12 Prepares pastas.

Related Products/Items: Fresh and dried pastas, risotto, flour, grains, fresh herbs.

Tools and Equipment: Pots, pans, pasta makers, rolling pin, cooking range, colanders, ovens, woks, tongs, spoons, scoops, cutting boards, knives, combination ovens, small wares.

Cooking Methods: Boiling, sautéing, poaching, frying, baking.

Sub-task

12.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

12.01.01 knowledge of types of flours

12.01.02 knowledge of types of ingredients

12.01.03 knowledge of types of pastas (spinach, sun-dried tomato, whole wheat, etc.)

12.01.04 ability to identify types of ingredients

12.01.05 ability to determine quality of ingredients

Sub-task

12.02 Processes ingredients (or Makes pastas).

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

12.02.01 knowledge of processing procedures (mixing/blending/rolling)

12.02.02 knowledge of types of pastas

12.02.03 knowledge of pasta cuts/shapes

12.02.04 knowledge of storage procedures

12.02.05 ability to determine quality of uncooked pasta

12.02.06 ability to cut pasta

Sub-task

12.03 Cooks pastas.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

12.03.01 knowledge of cooking methods

Supporting Knowledge & Abilities

12.03.02 knowledge of cooking requirements such as pasta/water ratio, temperature

12.03.03 knowledge of doneness

12.03.04 knowledge of secondary storage procedures

12.03.05 ability to preserve quality of pastas

12.03.06 ability to cool for secondary storage

Sub-task

12.04 Assembles pasta dishes.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

12.04.01 knowledge of recipe

12.04.02 knowledge of sauces

12.04.03 knowledge of herbs and spices

12.04.04 ability to select ingredients

12.04.05 ability to follow assembling sequence

Sub-task

12.05 Serves pastas.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

12.05.01 knowledge of holding techniques such as draining, maintaining temperature and timing

12.05.02 knowledge of portion controls

12.05.03 knowledge of presentation methods

12.05.04 ability to follow service procedures

Task 13 **Prepares farinaceous products (starches).**

Related Products/Items: Legumes, grains, rices, cereals.

Tools and Equipment: Pots, pans, steamer, colanders, sauté pans, broiler, grill, smokers, ovens, woks, griddle plate, tongs, spoons, peeler, frying pan, fryer, combination ovens, small wares.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Sub-task

13.01 **Selects farinaceous products (starches).** **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

13.01.01 knowledge of types of farinaceous products (starches) such as rice, grain, cereal, legumes

13.01.02 knowledge of size, shape and purpose of farinaceous products (starches)

13.01.03 ability to identify various farinaceous products (starches)

13.01.04 ability to determine quality of farinaceous products (starches)

Sub-task

13.02 **Cleans farinaceous products (starches).** **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

13.02.01 knowledge of cleaning procedures

13.02.02 ability to apply appropriate cleaning procedures

13.02.03 ability to select cleaning tools

Sub-task

13.03 Cooks farinaceous products (starches). **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

13.03.01	knowledge of soaking requirements
13.03.02	knowledge of cooking requirements
13.03.03	knowledge of secondary storage procedures
13.03.04	ability to preserve quality

Sub-task

13.04 Serves farinaceous products (starches). **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

13.04.01	knowledge of holding techniques, temperature and timing
13.04.02	knowledge of portion controls
13.04.03	knowledge of presentation methods
13.04.04	ability to follow service procedures

BLOCK E

GAME, MEATS AND POULTRY

Trends: *Towards greater varieties of game, cuts of meat and poultry in the food service industry. Products are pre-portioned and leaner. They are more often in-house aged and are produced at point of origin. Grain-fed poultry, turkey, ostrich, emu and bison have all, over the past few years and, at their own pace, gained in popularity.*

Task 14 **Prepares game.**

Related Products/Items: Fur-bearing (bison, moose, deer, musk ox, elk, rabbit), feather (duck, goose, ostrich).

Tools and Equipment: Band saw, cleaver, scraper, butcher knife, scale, cord, boning knives, cutting board, butcher's block, tenderizing machines, meat grinders, slicers, sausage makers and clippers, smokehouse, brine injectors.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting, dehydrating.

Sub-task

14.01 **Selects game.**

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

14.01.01 knowledge of game varieties

14.01.02 knowledge of game cuts and their use

14.01.03 knowledge of recipe

14.01.04 ability to identify types of game and cuts

14.01.05 ability to verify quality

Sub-task

14.02 Processes game. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

14.02.01	knowledge of primary and secondary cuts
14.02.02	knowledge of marinating or tenderizing procedures
14.02.03	knowledge of storage procedures
14.02.04	knowledge of non-cooking techniques
14.02.05	ability to butcher and trim
14.02.06	ability to portion

Sub-task

14.03 Cooks game. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

14.03.01	knowledge of cooking requirements
14.03.02	ability to select appropriate cooking method
14.03.03	ability to determine doneness

Sub-task

14.04 Serves game. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

14.04.01	knowledge of carving procedures
14.04.02	knowledge of portion controls
14.04.03	knowledge of appropriate type of accompaniments and garnishes

Supporting Knowledge & Abilities

14.04.04 knowledge of presentation techniques

14.04.05 ability to carve

14.04.06 ability to prepare accompaniments and garnishes

14.04.07 ability to follow serving procedures

Task 15 **Prepares meats.**

Related Products/Items: Variety meats, primary cuts, secondary cuts, aged meats, lamb, pork, beef, veal.

Tools and Equipment: Band saw, cleaver, scraper, butcher knife, scale, cord, boning knives, cutting board, butcher's block, tenderizing machines, meat grinders, slicers, sausage makers and clippers, smokehouse, brine injectors, meat cutting guide.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting, cured, brine, dehydrating.

Sub-task

15.01 Selects meats.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

15.01.01 knowledge of meat varieties

15.01.02 knowledge of meat cuts and their use

15.01.03 knowledge of recipe

15.01.04 ability to identify types and cuts of meat

15.01.05 ability to verify quality

Sub-task

15.02 Processes meats.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

15.02.01	knowledge of primary and secondary cuts
15.02.02	knowledge of marinating or tenderizing procedures
15.02.03	knowledge of storage procedures
15.02.04	knowledge of non-cooking techniques
15.02.05	ability to butcher and trim
15.02.06	ability to portion

Sub-task

15.03 Cooks meats.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

15.03.01	knowledge of cooking requirements
15.03.02	ability to select appropriate cooking method
15.03.03	ability to determine doneness

Sub-task

15.04 Serves meats.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

15.04.01	knowledge of carving procedures
15.04.02	knowledge of portion controls
15.04.03	knowledge of appropriate type of accompaniments and garnishes

Supporting Knowledge & Abilities

15.04.04 knowledge of presentation techniques

15.04.05 ability to carve

15.04.06 ability to prepare accompaniments and garnishes

15.04.07 ability to follow serving procedures

Task 16 Prepares poultry.

Related Products/Items: Chicken (hens, capons, broilers), fowl, turkey, offal.

Tools and Equipment: Hand saws, cleaver, scraper, butcher knife, scale, cord, boning knives, cutting board, butcher's block, meat grinders, slicers, smoke oven, rotisserie, oven.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Sub-task

16.01 Selects poultry.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

16.01.01 knowledge of poultry varieties and grades

16.01.02 knowledge of poultry cuts and their use

16.01.03 knowledge of recipe

16.01.04 ability to identify types of poultry

16.01.05 ability to verify quality

Sub-task

16.02 Processes poultry. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

16.02.01 knowledge of marinating or tenderizing procedures

16.02.02 knowledge of storage procedures

16.02.03 ability to butcher and trim

16.02.04 ability to truss poultry

16.02.05 ability to portion

Sub-task

16.03 Cooks poultry. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

16.03.01 knowledge of cooking requirements

16.03.02 ability to select appropriate cooking method

16.03.03 ability to determine doneness

Sub-task

16.04 Serves poultry. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

16.04.01 knowledge of carving procedures

16.04.02 knowledge of portion controls

16.04.03 knowledge of appropriate type of accompaniments and garnishes

16.04.04 knowledge of presentation techniques

Supporting Knowledge & Abilities

16.04.05 ability to carve

16.04.06 ability to prepare accompaniments and garnishes

16.04.07 ability to follow serving procedures

BLOCK F

FISH AND SEAFOOD

Trends: *Towards a greater variety of salt-water species and combination dishes such as sushi and raw, marinated and cured fish (on salads). It is also noted that there is a higher consumption of fish and seafood in the industry today as these products contribute to lighter and low fat menus. Fish and seafood are being used to a greater extent in salads and appetizers as well as main courses. The availability of fresh fish and seafood has increased.*

Task 17 **Prepares fish.**

Related Products/Items: Salt, fresh water.

Tools and Equipment: Band saw, cleaver, scraper, butcher knife, scale, cord, boning knives, cutting board, grinders, slicers, sausage makers and clippers, smoke oven, brine injectors, poissonnière.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, cured, smoking, grilling, frying, sautéing, roasting.

Sub-task

17.01 Selects fish.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

17.01.01 knowledge of fish classifications

17.01.02 knowledge of fish characteristics

Supporting Knowledge & Abilities

17.01.03 knowledge of fish quality

17.01.04 knowledge of recipe

17.01.05 ability to determine quality

17.01.06 ability to identify types of fish

Sub-task

17.02 Processes fish.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

17.02.01 knowledge of fish cuts

17.02.02 knowledge of de-boning techniques

17.02.03 knowledge of specific processing techniques

17.02.04 knowledge of dressing techniques

17.02.05 knowledge of non-cooking techniques

17.02.06 ability to dress fish

17.02.07 ability to de-bone fish

17.02.08 ability to skin fish

17.02.09 ability to portion fish

17.02.10 ability to filet fish

Sub-task

17.03 Cooks fish.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

17.03.01 knowledge of cooking requirements

17.03.02 ability to select appropriate cooking techniques

Supporting Knowledge & Abilities

17.03.03 ability to determine doneness

Sub-task

17.04 Serves fish.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

17.04.01 knowledge of accompaniments and garnishes

17.04.02 knowledge of presentation techniques

17.04.03 knowledge of portion controls

17.04.04 ability to follow service procedures

17.04.05 ability to prepare accompaniments and garnishes

17.04.06 ability to carve

Task 18 Prepares seafood.

Related Products/Items: Shellfish, including crustaceans and molluscs.

Tools and Equipment: Cleaver, scale, cutting board, grinders, smoke oven, shucker, holding tanks, knives, protective gloves, brushes.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Sub-task

18.01 Selects seafood.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

18.01.01 knowledge of seafood classifications

18.01.02 knowledge of holding techniques for live seafood

Supporting Knowledge & Abilities

18.01.03 knowledge of seafood characteristics

18.01.04 knowledge of seafood quality

18.01.05 knowledge of recipe

18.01.06 knowledge of seafood grades and sizes

18.01.07 ability to determine quality

18.01.08 ability to determine seafood grades and sizes

Sub-task

18.02 Processes seafood.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

18.02.01 knowledge of skinning techniques

18.02.02 knowledge of shucking techniques

18.02.03 knowledge of portioning techniques

18.02.04 ability to portion

18.02.05 ability to shuck

18.02.06 ability to clean

Sub-task

18.03 Cooks seafood.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

18.03.01 knowledge of cooking requirements

18.03.02 ability to select appropriate cooking method

18.03.03 ability to determine doneness

Sub-task

18.04 Serves seafood.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

18.04.01	knowledge of accompaniments and garnishes
18.04.02	knowledge of presentation techniques
18.04.03	knowledge of portion controls
18.04.04	ability to remove meat from shells
18.04.05	ability to prepare accompaniments and garnishes
18.04.06	ability to follow serving procedures

BLOCK G

GARDE-MANGER

Trends: *Towards organically grown products, convenience foods, and specialty breads. Greater and hardier varieties are required as customers tend to substitute what was traditionally classified as appetizers for their main course. Less classical service, as well as different presentations and vessels appeal to the consumer. A reduction in demand for pâtés and terrines, because of fat content, has led to the use of convenience products.*

Task 19 Prepares salads (hot and cold).

Related Products/Items: Edible flowers, lettuces, vegetables, fruit, nuts, herbs, spices, seasoning, oils, vinegar, dressing.

Tools and Equipment: Spinner, colander, serving spoon, spatula, tongs, ladles, skillet, whisk, mixer, grinder, food processor, moulds, mirrors, platters, serving dishes.

Cooking Methods: Sautéing, grilling, boiling.

Sub-task

19.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

19.01.01	knowledge of salad classifications
19.01.02	knowledge of recipe
19.01.03	knowledge of ingredient characteristics
19.01.04	knowledge of quality ingredients
19.01.05	knowledge of types of salads
19.01.06	ability to determine quality of ingredients
19.01.07	ability to identify required ingredients

Sub-task

19.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

19.02.01	knowledge of processing methods
19.02.02	ability to combine ingredients

Sub-task

19.03 Processes dressings.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

19.03.01	knowledge of dressing classifications
19.03.02	knowledge of ratios
19.03.03	ability to create and maintain emulsion
19.03.04	ability to cook dressing

Sub-task

19.04 Serves salads. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

19.04.01 knowledge of salad components

19.04.02 knowledge of cooking requirements

19.04.03 ability to follow serving procedures

19.04.04 ability to prepare accompaniments and garnishes

Task 20 Prepares hors-d'oeuvres (hot and cold).

Related Products/Items: Bouchées (vol au vent), pre-cooked, formed shells, brochettes, toast points, canapés.

Tools and Equipment: Knives, spatulas, brushes, piping bags, tips, cooling racks, mirrors, platters, spray bottle, cooking range, pans, fryers, oven.

Cooking Methods: Blanching, simmering, poaching, steaming, boiling, broiling, baking, braising, smoking, grilling, frying, sautéing, roasting.

Sub-task

20.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

20.01.01 knowledge of hors-d'oeuvres classifications

20.01.02 knowledge of types of hors-d'oeuvres

20.01.03 knowledge of recipe

20.01.04 ability to determine quality of ingredients

Sub-task

20.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

20.02.01 knowledge of ingredient characteristics

20.02.02 knowledge of processing methods

20.02.03 ability to combine ingredients

20.02.04 ability to assemble ingredients

Sub-task

20.03 Cooks hors-d'oeuvres. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

20.03.01 knowledge of cooking requirements

20.03.02 ability to prepare hors-d'oeuvres

20.03.03 ability to select appropriate cooking method

20.03.04 ability to determine doneness

Sub-task

20.04 Serves hors-d'oeuvres. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

20.04.01 knowledge of accompaniments and garnishes

20.04.02 knowledge of serving procedures

20.04.03 ability to prepare accompaniments and garnishes

Task 21 **Prepares sandwiches (hot and cold).**

Related Products/Items: Sandwiches (hot, cold, open face, wrapped, ethnic), spreads, condiments, garnishes, fillings, breads.

Tools and Equipment: Toaster, microwave, salamander, grill, fryer, pans, spatula, scoops, knives, slicer, food processor, pots, cooking range.

Cooking Methods: Sautéing, grilling, broiling, frying, baking.

Sub-task

21.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

21.01.01 knowledge of recipe

21.01.02 knowledge of types of ingredients

21.01.03 ability to identify ingredients

21.01.04 ability to verify quality of ingredients

Sub-task

21.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

21.02.01 knowledge of secondary storage

21.02.02 knowledge of processing methods

21.02.03 ability to combine ingredients

21.02.04 ability to assemble ingredients

Sub-task

21.03 Cooks sandwiches. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

21.03.01 knowledge of cooking requirements

21.03.02 ability to select appropriate cooking method

21.03.03 ability to determine doneness

Sub-task

21.04 Serves sandwiches. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

21.04.01 knowledge of accompaniments and garnishes

21.04.02 knowledge of serving procedures

21.04.03 knowledge of portion controls

21.04.04 ability to prepare accompaniments and garnishes

Task 22 Prepares platters.

Related Products/Items: Meat, fish, poultry, game, terrine, vegetables, fruits, cheese, pastry, bread.

Tools and Equipment: Platters (glass, marble, wood, silver, plastic), mirrors, spatula, spray bottles, knives, serving utensils, brushes, cooking range.

Sub-task

22.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

22.01.01 knowledge of required type of platter

Supporting Knowledge & Abilities

22.01.02	knowledge of ingredient quality
22.01.03	knowledge of recipe
22.01.04	knowledge of ingredient characteristics
22.01.05	ability to determine quality of ingredients
22.01.06	ability to identify types of ingredients

Sub-task

22.02 Assembles platters.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

22.02.01	knowledge of secondary storage techniques
22.02.02	knowledge of theme
22.02.03	knowledge of properties of products
22.02.04	knowledge of eye appeal and balance
22.02.05	knowledge of types of showpieces
22.02.06	knowledge of procedures for aspics and glazes
22.02.07	ability to adapt product to theme
22.02.08	ability to prepare showpieces
22.02.09	ability to combine ingredients

Sub-task

22.03 Serves platters.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

22.03.01	knowledge of accompaniments and garnishes
22.03.02	knowledge of platter presentation techniques

Supporting Knowledge & Abilities

22.03.03 ability to prepare accompaniments and garnishes

Task 23 Prepares pâtés and terrines.

Related Products/Items: Variety of meats (including offal), fish, poultry, game, vegetables, fruit, seafood, quenelle, pastry.

Tools and Equipment: Knives, cooking vessels, moulds, serving dishes, brushes, serving utensils, hotel pans, ovens, bains-maries, grinders, strainers, rolling pins, food processors.

Cooking Methods: Sautéing, boiling, blanching, grilling, simmering, poaching, steaming, baking, smoking, braising.

Sub-task

23.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV

23.01.01 knowledge of pâté and terrine classifications

23.01.02 knowledge of ingredient characteristics

23.01.03 knowledge of ingredient quality

23.01.04 knowledge of ratios

23.01.05 knowledge of recipe

23.01.06 ability to identify types of ingredients

23.01.07 ability to determine quality of ingredients

Sub-task

23.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV

23.02.01 knowledge of processing methods

Supporting Knowledge & Abilities

23.02.02 ability to select appropriate processing method

Sub-task

23.03 Assembles ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV

23.03.01 knowledge of requirements

23.03.02 knowledge of binding agents

23.03.03 knowledge of mixing methods

23.03.04 knowledge of garnishes

23.03.05 ability to select type of mould

23.03.06 ability to bind

23.03.07 ability to prepare garnishes

Sub-task

23.04 Cooks pâtés and terrines.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV

23.04.01 knowledge of cooking techniques

23.04.02 knowledge of temperature controls

23.04.03 knowledge of setting techniques

23.04.04 ability to determine doneness

23.04.05 ability to select appropriate cooking method

Task 24 **Prepares condiments and accompaniments.**

Related Products/Items: Hot/cold sauces, relish, chutney, pickles, compote, dips, mustard, mayonnaises, oils, vinegar, nuts, salsa, marinades.

Tools and Equipment: Pots, pans, cooking range (ovens), steamers, colander (strain equipment), utensils.

Cooking Methods: Boiling, blanching, simmering, poaching, steaming, braising.

Sub-task

24.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

24.01.01	knowledge of types of condiments and accompaniments
24.01.02	knowledge of ingredient quality
24.01.03	knowledge of condiment classifications
24.01.04	knowledge of recipe
24.01.05	ability to identify types of ingredients
24.01.06	ability to determine quality of ingredients

Sub-task

24.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

24.02.01	knowledge of processing methods
24.02.02	knowledge of non-cooking methods
24.02.03	ability to combine ingredients

Sub-task

24.03 Cooks ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

24.03.01	knowledge of cooking requirements
24.03.02	ability to select appropriate cooking methods
24.03.03	ability to select appropriate cooking times
24.03.04	ability to determine doneness

Sub-task

24.04 Serves condiments and accompaniments.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

24.04.01	knowledge of presentation techniques
24.04.02	knowledge of accompaniments and garnishes
24.04.03	knowledge of portion controls

Task 25 Prepares aspics, jellies and glazes.

Related Products/Items:	Fish, game, meat, vegetables, fruit, poultry.
Tools and Equipment:	Pots, pans, strainers, cheese clothes, ladles, cooking range, utensils, whisk, bowls, double boiler, pastry brush, spray bottles.
Cooking Methods:	Bain-marie, boiling.

Sub-task

25.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

25.01.01	knowledge of types of aspics, jellies and glazes
25.01.02	knowledge of recipe
25.01.03	knowledge of ratios
25.01.04	knowledge of ingredient properties
25.01.05	knowledge of product quality
25.01.06	ability to identify ingredients
25.01.07	ability to determine quality

Sub-task

25.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

25.02.01	knowledge of processing methods
25.02.02	ability to assemble ingredients

Sub-task

25.03 Cooks ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

25.03.01	knowledge of cooking requirements
25.03.02	knowledge of cooling methods
25.03.03	ability to determine consistency

BLOCK H

DAIRY AND EGG PRODUCTS

Trends: *Towards the use of egg substitutes (liquid, frozen, pasteurized, free-range). Low-fat products, raw milk products, goat cheese, flavoured cheese (smoked, herbed), and other milk varieties (e.g., calcium-enhanced, skim, lactose-free, soy, cultured [bacteria]) are gaining in popularity. Creams and high-fat content dairy products are not as dominant in the food service industry.*

Task 26 **Prepares egg dishes and accompaniments.**

Related Products/Items: Omelettes, soufflés, *frittata,* poached (boiled), flan.

Tools and Equipment: All basic kitchen equipment, coddler.

Cooking Methods: Boiling, baking, frying, poaching, steaming, gratinate, in dish.

Sub-task

26.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

26.01.01	knowledge of egg grades and sizes
26.01.02	knowledge of ingredient characteristics
26.01.03	knowledge of ingredient quality
26.01.04	knowledge of recipe
26.01.05	ability to determine quality of ingredients
26.01.06	ability to identify ingredients

Sub-task

26.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

26.02.01	knowledge of processing methods

Supporting Knowledge & Abilities

26.02.02 ability to combine ingredients

Sub-task

26.03 Cooks ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

26.03.01 knowledge of cooking methods

26.03.02 knowledge of properties of products

26.03.03 ability to select appropriate cooking method

26.03.04 ability to select appropriate cooking times

26.03.05 ability to determine doneness

Sub-task

26.04 Serves egg dishes and accompaniments.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

26.04.01 knowledge of accompaniments and garnishes

26.04.02 knowledge of presentation techniques

26.04.03 ability to prepare accompaniments and garnishes

26.04.04 ability to follow serving procedures

Task 27 **Prepares cheese-related dishes.**

Related Products/Items: Seafood, sauces, sandwiches, soufflés, pasta, desserts, omelettes, meats, poultry, fish.

Tools and Equipment: Piping bags, knives, dishes, graters, mandolins, slicers, mirrors, mixers.

Cooking Methods: Grilling, frying, baking, broiling, smoking.

Sub-task

27.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

27.01.01 knowledge of cheese properties

27.01.02 knowledge of ingredient quality

27.01.03 knowledge of fat content

27.01.04 ability to identify types of cheeses

27.01.05 ability to identify classification of cheeses

Sub-task

27.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

27.02.01 knowledge of processing methods

27.02.02 ability to select appropriate cooking methods

Sub-task

27.03 Cooks ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

27.03.01 knowledge of cooking requirements

Supporting Knowledge & Abilities

27.03.02 knowledge of properties of products

27.03.03 ability to incorporate ingredients

27.03.04 ability to determine degree of doneness

Sub-task

27.04 Serves cheese-related dishes. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

27.04.01 knowledge of accompaniments and garnishes

27.04.02 knowledge of presentation techniques

27.04.03 knowledge of portion controls

27.04.04 ability to prepare accompaniments and garnishes

Task 28 Prepares milk-related dishes.

Related Products/Items: Milk (powder, liquid, canned, condensed, UHT [ultra heat-treated]), yogurt, curds, soymilk, creams, cultured dairy products.

Tools and Equipment: Standard tools and equipment.

Cooking Methods: All cooking methods.

Sub-task

28.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

28.01.01 knowledge of recipe

28.01.02 ability to identify types of milk products

28.01.03 ability to determine quality of milk products

Sub-task

28.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

28.02.01 knowledge of processing methods

28.02.02 knowledge of ratios

Sub-task

28.03 Cooks ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

28.03.01 knowledge of cooking requirements

28.03.02 ability to select appropriate cooking methods

28.03.03 ability to identify doneness

Sub-task

28.04 Serves milk-related dishes. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

28.04.01 knowledge of accompaniments and garnishes

28.04.02 ability to combine ingredients

28.04.03 ability to prepare accompaniments and garnishes

BLOCK I

CONVENIENCE FOODS AND BEVERAGES

Trends: *More convenience products are appearing in society because of economic and time restraints. Reading of labels is fast becoming an important issue in the food service industry. In some institutions and work sites, vending machines provide convenience foods. There is a greater variety of instant products and a greater demand for more fresh/organically grown juice sources. Non-dairy milk products (soy, lactose-free) and flavoured coffees are growing in popularity.*

Task 29 **Prepares convenience foods.**

Related Products/Items: Prepared frozen, canned, powder, dry, fresh, liquid.

Tools and Equipment: Microwaves, steamers, ovens, deep fryers, holding boxes (hot/cold), re-heating units, whisks, bowls.

Cooking Methods: Reheating, warming, thawing (with heat source).

Sub-task

29.01 Selects convenience foods.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV

29.01.01 knowledge of convenience products

29.01.02 knowledge of ingredients

29.01.03 knowledge of application of convenience food type

29.01.04 ability to identify convenience-type products

Sub-task

29.02 Reconstitutes/processes convenience foods.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV

29.02.01 knowledge of manufacturers' directions

Supporting Knowledge & Abilities

29.02.02 ability to follow manufacturers' directions

29.02.03 ability to interpret ratios

Sub-task

29.03 Reheats/defrosts convenience foods. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV

29.03.01 knowledge of cooking/reheating methods

29.03.02 knowledge of related equipment

29.03.03 knowledge of specialty equipment

29.03.04 ability to re-heat

Sub-task

29.04 Serves convenience foods. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	NV

29.04.01 knowledge of accompaniments and garnishes

29.04.02 ability to garnish

Task 30 Prepares beverages.

Related Products/Items: Coffees and teas (flavoured, special, herbal), juices (frozen, fruit, vegetable, herbal), milks (goat, cow, soya), alcohol.

Tools and Equipment: Mugs, spoons, glasses, punch bowls, cups, straws, juicers, coffee machines, holding jugs, grinder.

Sub-task

30.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	no	yes	yes	yes	yes	yes	yes	yes	NV

30.01.01	knowledge of types of beverages (cold/hot)
30.01.02	knowledge of recipe
30.01.03	knowledge of types of ingredients
30.01.04	knowledge of liquor laws
30.01.05	knowledge of beverage properties
30.01.06	ability to identify quality ingredients

Sub-task

30.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	no	yes	yes	yes	yes	yes	yes	yes	NV

30.02.01	knowledge of processing methods
30.02.02	knowledge of accompaniments and garnishes

Sub-task

30.03 Serves beverages. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	no	yes	yes	yes	yes	yes	yes	yes	NV

30.03.01	knowledge of holding times
30.03.02	knowledge of service vessel types
30.03.03	knowledge of presentation techniques
30.03.04	knowledge of holding temperatures
30.03.05	ability to select types of vessels
30.03.06	ability to portion beverages

BLOCK J

BAKED GOODS

Trends: *Towards more convenience products such as ready-to-use batters, pre-baked, multi-grain breads, organic flours, gluten-free and low-fat products.*

Task 31 **Prepares doughs.**

Related Products/Items: Breads, pie shells, pastries, cookies, sweet doughs, savoury doughs.

Tools and Equipment: Measuring cups and spoons, mixers, rolling tools, cutting tools, dough cutter, piping bag and tips, brushes.

Sub-task

31.01 Selects ingredients (flour, leavening agent, herbs, fat, sugars).

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

31.01.01 knowledge of recipe

31.01.02 knowledge of dough classifications

31.01.03 knowledge of dough types and characteristics

31.01.04 knowledge of leavening agent properties

31.01.05 knowledge of flour types

31.01.06 knowledge of types of fat and shortening

31.01.07 knowledge of product properties

31.01.08 ability to recognize required ingredients

31.01.09 ability to apply leavening agents

Sub-task

31.02 Mixes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

31.02.01	knowledge of mixing methods
31.02.02	knowledge of baking terms
31.02.03	knowledge of primary and secondary portion controls
31.02.04	knowledge of weights and measures
31.02.05	knowledge of modified breads
31.02.06	ability to apply ratios and measurements
31.02.07	ability to combine ingredients

Sub-task

31.03 Processes yeast products. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

31.03.01	knowledge of proofing temperature
31.03.02	knowledge of processing steps
31.03.03	knowledge of shapes and style
31.03.04	ability to proof and shape doughs
31.03.05	ability to follow processing steps

Task 32 Prepares batters.

Related Products/Items: Cakes, muffins, choux paste (raw form), fritters, doughnuts, breads (quiches).

Tools and Equipment: Mixers, whip, spoon, bowls, spatula, measuring cups and spoons, scales, pans.

Cooking Method: Boiling (choux paste).

Sub-task

32.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

32.01.01 knowledge of batter classifications

32.01.02 knowledge of recipe

32.01.03 knowledge of leavening agents

32.01.04 knowledge of flour types

32.01.05 knowledge of fats

32.01.06 knowledge of sweetening agents

32.01.07 ability to identify ingredient types

32.01.08 ability to identify ingredient quality

Sub-task

32.02 Combines ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

32.02.01 knowledge of processing methods

32.02.02 knowledge of mixing methods

32.02.03 ability to process ingredients

32.02.04 ability to bind and mix

Task 33 **Finishes bakery products.**

Related Products/Items: Finished cakes, finished bread and pastry products, finished bagels.

Tools and Equipment: Knives, spatula, piping bags, measuring cups and spoons, pots, pans, cooking range, deep fryer, spoons, brushes, serving utensils, oven.

Cooking Methods: Blanching, baking, frying, boiling.

Sub-task

33.01 Combines ingredients for finishing bakery products.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

33.01.01 knowledge of recipe

33.01.02 knowledge of ingredient types

33.01.03 ability to use appropriate techniques

Sub-task

33.02 Bakes/cooks doughs.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

33.02.01 knowledge of cooking requirements

33.02.02 knowledge of secondary storage

33.02.03 ability to select appropriate cooking methods

33.02.04 ability to determine doneness

33.02.05 ability to adjust cooking times

BLOCK K

DESSERTS

Trends: *Towards the use of more convenience pre-prepared products. Customers favour less caloric-type desserts and select such items as fresh fruit, ice cream and frozen yogurts, home-style sorbets (green tea) and ready-to-serve. These preferences affect preparation time and meal planning.*

Task 34 **Prepares creams, mousses and fillings.**

Related Products/Items: Pies, tarts, filling, pastries, fruit, cream, cheese.

Tools and Equipment: Pots, pans, double boilers, whips, various implements, spoons, spatula, bowls.

Cooking Methods: Simmering, sautéing, baking.

Sub-task

34.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

34.01.01 knowledge of recipe

34.01.02 knowledge of ingredients

34.01.03 knowledge of product properties

34.01.04 ability to identify ingredients

Sub-task

34.02 Processes ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

34.02.01 knowledge of types of sweeteners and substitutes

34.02.02 knowledge of non-cooking processes

Supporting Knowledge & Abilities

34.02.03 knowledge of stabilizing agents

34.02.04 knowledge of combining techniques

34.02.05 ability to use sweeteners and substitutes

34.02.06 ability to combine ingredients

34.02.07 ability to apply/incorporate stabilizing agents

Sub-task

34.03 Cooks fillings (mousses and creams).

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

34.03.01 knowledge of cooking requirements

34.03.02 knowledge of stabilizing agents

34.03.03 ability to apply cooking methods

34.03.04 ability to use stabilizing agents

Task 35 Assembles cakes.

Related Products/Items: Fillings, glazes, mousses, ice cream, edible oil products, herbs (mint), marzipan, fruit, dry fruit, nuts, baked goods, syrups, spirits, creams, candy, chocolate.

Tools and Equipment: Various kitchen utensils, small wares, pans (spring form, bundt, jelly), mixers.

Cooking Methods: Boiling, heating.

Sub-task

35.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

35.01.01	knowledge of ingredients
35.01.02	knowledge of types of cakes
35.01.03	knowledge of recipe
35.01.04	ability to identify ingredients

Sub-task

35.02 Prepares icings and toppings.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

35.02.01	knowledge of icing and frosting types
35.02.02	knowledge of sugar properties and stages
35.02.03	knowledge of specialty tools and equipment
35.02.04	knowledge of cooking techniques in preparing icings
35.02.05	ability to combine ingredients
35.02.06	ability to cook sugars

Sub-task

35.03 Decorates cakes.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

35.03.01	knowledge of icing and topping application procedures
35.03.02	knowledge of utilizing spirits and syrups

Supporting Knowledge & Abilities

35.03.03 knowledge of secondary storage

35.03.04 ability to apply icing and topping

35.03.05 ability to demonstrate fine motor skills (technique)

Sub-task

35.04 Serves cakes.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

35.04.01 knowledge of accompaniments and garnishes

35.04.02 ability to garnish cakes

35.04.03 ability to portion cakes

Task 36 Prepares pastries and pies.

Related Products/Items: Baked and non-baked icings and fillings, glazes, French pastries, candy, chocolate, fondant, fruit, dry fruit, nuts, spirits, syrups.

Tools and Equipment: Piping bags and tips, mixers, marble slabs, rolling pins, spatula (pie lifter), cutters, brushes, bowls, flexi pan, cooking range, pot.

Cooking Method: Baking.

Sub-task

36.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

36.01.01 knowledge of recipe

36.01.02 knowledge of fillings

36.01.03 knowledge of types of pastries and baked goods

Supporting Knowledge & Abilities

36.01.04 ability to identify quality ingredients

Sub-task

36.02 Combines ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

36.02.01 knowledge of assembling techniques

36.02.02 knowledge of non-cooking methods

36.02.03 ability to prepare accompaniment and garnishes

36.02.04 ability to select filling

36.02.05 ability to combine ingredients

36.02.06 ability to assemble

Sub-task

36.03 Cooks/bakes pastries and pies. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

36.03.01 knowledge of cooking requirements

36.03.02 ability to determine doneness

36.03.03 ability to apply cooking methods

Sub-task

36.04 Decorates pastries and pies. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

36.04.01 knowledge of glazing techniques

Supporting Knowledge & Abilities

36.04.02 knowledge of icing procedures

36.04.03 knowledge of accompaniments and garnishes

36.04.04 ability to select icing and topping type

Sub-task

36.05 Serves pastries and pies. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

36.05.01 knowledge of portion controls

36.05.02 knowledge of presentation techniques

36.05.03 knowledge of presentation styles

36.05.04 ability to garnish

36.05.05 ability to portion

Task 37 Prepares frozen desserts.

Related Products/Items: Soufflé, glacé, sherbets, parfaits, baked Alaska, sauces, fried ice cream, yogurt, ice cream, granite.

Tools and Equipment: Scoop, freezer, ice cream machine, dishes (serving, moulds), deep fryer, rubber spatula, knives, oven, blow torch.

Cooking Method: Frying, baking, flambéing.

Sub-task

37.01 Selects ingredients. **Supporting Knowledge & Abilities**

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

37.01.01 knowledge of recipe

Supporting Knowledge & Abilities

37.01.02 knowledge of ingredients

37.01.03 knowledge of frozen dessert types

37.01.04 ability to identify ingredients

37.01.05 ability to identify types of desserts

37.01.06 ability to identify quality products

Sub-task

37.02 Processes ingredients.

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

Supporting Knowledge & Abilities

37.02.01 knowledge of chilling/freezing techniques

37.02.02 knowledge of non-cooked desserts

37.02.03 knowledge of combining techniques

37.02.04 knowledge of assembling techniques

37.02.05 knowledge of cooking methods

37.02.06 ability to assemble ingredients

37.02.07 ability to apply cooking methods

37.02.08 ability to combine ingredients

Sub-task

37.03 Serves frozen desserts.

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

Supporting Knowledge & Abilities

37.03.01 knowledge of tempering techniques

37.03.02 knowledge of accompaniments and garnishes

37.03.03 knowledge of presentation techniques

Supporting Knowledge & Abilities

37.03.04 knowledge of portion controls

37.03.05 ability to portion

37.03.06 ability to present

Task 38 Prepares dessert sauces.

Related Products/Items: Chocolate, fruit, cake, crème anglaise, aromatic plants, spirits.

Tools and Equipment: Broiler, blender, food processor, pots, pans, spoons, ladles, squeeze bottles, templates, scissors, chinois, sieves, strainers, knives.

Cooking Methods: Boiling, grilling.

Sub-task

38.01 Selects ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

38.01.01 knowledge of ingredients

38.01.02 knowledge of sauce types

38.01.03 knowledge of recipe

38.01.04 ability to identify ingredients

Sub-task

38.02 Processes ingredients.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

38.02.01 knowledge of cooking requirements

38.02.02 knowledge of properties of ingredients

38.02.03 ability to combine ingredients

Supporting Knowledge & Abilities

38.02.04 ability to incorporate thickening agents

38.02.05 ability to cook sauces

Sub-task

38.03 Serves sauces.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	NV

38.03.01 knowledge of various presentation methods

38.03.02 ability to maintain quality

38.03.03 ability to present sauces

Task 39 Prepares chocolate.

Related Products/Items: Various garnishes and decorations, truffles, ganache.

Tools and Equipment: Marble table, spatula, double boiler, bowl, tempering machine, small kitchenware, knives.

Sub-task

39.01 Tempers chocolate.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	no	NV

39.01.01 knowledge of tempering temperatures

39.01.02 knowledge of types of chocolate

39.01.03 knowledge of properties of chocolates

39.01.04 ability to apply tempering techniques

Sub-task

39.02 Stores chocolate.

Supporting Knowledge & Abilities

NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU
yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	NV

39.02.01 knowledge of storing and holding requirements

APPENDICES

TOOLS AND EQUIPMENT

apple corer
bain-marie (water bath, double boiler)
bake pans
baking moulds
band saw
beverage dispenser
blast chiller
blender
bone saw
boning knife
bowls
box grater
brazier
bread pans
bread slicer
broiler
buffet unit
bus pans
cake forms
can opener
cast iron skillet
charts
cheese cloth
chiller racks
china
china cap
chinois
clarifier
cleaver
coffee grinder
coffee maker
colander
compactor
compressed-air whipping machine
computer paging system
computer printer
convection oven
conveyor oven
cooking ranges (gas/electric)
cooling racks
crêpe pan
cryogenic freezer
cutlery
cutters
cutting boards
deep fryer (gas/electric)
dessert cart
dishwasher
dough cutter
dough scraper
doughnut fryer
egg cutter
egg timer
fire blanket
fire extinguisher
flambé station
food chopper/slicer/dicer
food processor
fork
freezer
French wire whip
fry pan and utensils
funnel
glassware
gloves
grader
griddle
grill
hand saw
hot dog cooker
hot food transport cart
ice crusher
ice maker
infrared food warming unit
juice extractor
knife sharpener
knives (regular/specialty)
labels
ladle
mandolin
masher
measuring cups
measuring spoons
meat grinder
mesh strainer
microcomputer and software
microwave oven
mirrors

mixing machine and attachments
muffin pans
nut cracker
offset spatula
oven and roasting pans
ovens
oyster knife
packaging equipment
pans
paring knife
Parisian cutters
pasta machine
pastry brush
pastry wheel
peeler
pie server
piping bag and tips
pizza oven
plastic wrap
platters
portion scale
portion scoops
pot holders
pots
pressurized steam cooker
probes
proofing box
protective clothing and equipment
réchaud
refrigerator
rice cooker
roasting pan
rolling pin
rotisserie unit
salamander
sandwich spreader
saucepan
sauté pan
scale
scissors
scoops
scraper serving containers
sharpening steel
shears
shredder
sieve
sifter
skewers
skillet
skimmer
slicing machine
slotted spoons
slow cooking oven
soup warmer
spatula
spider
spigot
spoons
stainless steel inserts
steam kettle
steam roaster
steam table
steamer
stirring utensils
stock pots and lids
storage containers
stove
strainer
tenderizing machine
thermometers (refrigerator/meat)
tilting braising fry pan
timer
tin foil, aluminum foil
toaster
tongs
trays
trussing needles
turnovers
twine
ultra shams
waffle iron
water cooler
whisk
wok
wooden spoons
work table
zester

GLOSSARY

bain-marie	container of hot water designed to keep foods hot and/or to cook them slowly
bake	to cook at set temperatures by heated air such as in an oven
batter	semi-liquid mixture of flour or other starches
béchamel	white sauce prepared with milk and white roux
blend	to mix or combine several ingredients together
boil	to cook a product in a boiling liquid
broil	to cook by placing food directly beneath a radiant heat source placed above the food; to cook on a rack or gridiron
characteristic	feature or quality that distinguishes one product from another
classification	arrangement in classes or categories
condiment	traditionally, any item added to a dish for flavour (including herbs, spices and vinegars); cooked or prepared flavourings or accompaniments such as relishes, prepared mustards, ketchup, bottled sauces and pickles
cook	to change the structure, texture and taste of a product by applying heat over a period of time
crêpe	thin pancake
crustaceans	shellfish such as lobster, crayfish and shrimp
dough	flour-liquid mixture used to make bread and pies
dress	to clean and prepare for cooking and eating
fin fish	fish having fins, in contrast to shellfish
food cost	financial value of food products purchased for production
game	wild animals or birds hunted for sport or food; the flesh of these
garnish	to add a decorative yet edible item to a finished dish
genetically altered	modification of characteristics of an organism by manipulation of its genetic material

grade	quality, rating and standards of food products
lipids	organic compound that is insoluble in water
marinate	to add a marinade to foods in order to add flavour or moisten foods; may be dry or liquid, usually based on an acidic ingredient to tenderize; an oil to preserve and a flavouring agent; dry marinades are usually salt based; to tenderize or soak food in seasoned liquid
menu	card describing a list of dishes available and corresponding prices
mise en place	setting up for production and having everything in its proper place
molluscs	shellfish such as oysters, mussels and clams
organically grown	grown without chemical intervention
pasta	general term used for starchy products such as macaroni and spaghetti
pastries	dough of flour, fat and water used as a base and covering for pies, tarts, etc.; assortment of individual desserts
portion	to divide a large quantity into several servings
produce	fresh fruits and vegetables
range-fed animals	animals that graze in open fields for nourishment; no other type of food is provided
recipe	instructions for preparing a dish that includes the necessary ingredients
salamander	small broiler utilized to glaze or brown items rapidly
saucer	kitchen equipment used in the preparation of sauces
seafood	edible sea fish or shellfish
shuck	to remove the rigid external facade (i.e., shell) from oysters, mussels and clams
steam	vapour phase of water; to make soft or pliable by treating with steam
stock	clear, thin, flavoured liquid utilized to prepare soups, sauces and sauce-based entrées
type	kind, sort or category

BLOCKS AND TASKS WEIGHTING

BLOCK A OCCUPATIONAL SKILLS

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	10	8	15	8	10	15	24	10	5	15	10	12	NV	12%

Task 1 Participates in menu planning.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	21	15	15	13	10	10	18	10	10	30	15	15	NV	15%

Task 2 Maintains sanitary standards.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	20	25	20	25	35	35	26	35	10	35	30	40	NV	28%

Task 3 Participates in production procedures.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	19	25	20	22	20	20	17	35	30	20	30	15	NV	23%

Task 4 Reviews cost controls.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	20	15	15	15	10	10	20	10	10	8	10	10	NV	13%

Task 5 Maintains standard industry practices.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	20	20	30	25	25	25	19	10	40	7	15	20	NV	21%

BLOCK B STOCKS, SOUPS AND SAUCES

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	11	11	15	11	18	13	12	15	12	8	13	10	NV	12%

Task 6 Prepares thickening agents.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	16	20	20	19	10	20	25	10	10	10	10	15	NV	16%

Task 7 Prepares stocks.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	26	30	20	21	30	20	25	20	40	25	30	25	NV	26%

Task 8 Prepares soups.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	26	25	30	27	25	30	25	30	30	30	30	30	NV	28%

Task 9 Prepares sauces.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	32	25	30	33	35	30	25	40	20	35	30	30	NV	30%

BLOCK C VEGETABLES AND FRUIT

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	10	11	7	8	8	8	7	7	10	8	10	8	NV	9%

Task 10 Prepares vegetables.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	63	55	50	58	70	60	50	70	50	60	50	60	NV	58%

Task 11 Prepares fruit.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	37	45	50	42	30	40	50	30	50	40	50	40	NV	42%

BLOCK D PASTAS AND FARINACEOUS PRODUCTS (STARCHES)

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	7	9	3	7	8	8	4	5	10	8	10	9	NV	7%

Task 12 Prepares pastas.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	54	50	50	50	35	30	50	50	50	55	40	40	NV	46%

Task 13 Prepares farinaceous products (starches).

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	46	50	50	50	65	70	50	50	50	45	60	60	NV	54%

BLOCK E GAME, MEATS AND POULTRY

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	12	11	15	13	16	13	12	15	20	12	10	10	NV	13%

Task 14 Prepares game.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	25	20	10	0	20	20	10	20	10	10	20	20	NV	16%

Task 15 Prepares meats.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	40	40	50	50	50	45	50	45	45	60	40	40	NV	46%

Task 16 Prepares poultry.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	35	40	40	50	30	35	40	35	45	30	40	40	NV	38%

BLOCK F FISH AND SEAFOOD

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	12	12	10	13	12	10	9	7	10	10	10	10	NV	10%

Task 17 Prepares fish.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	50	50	50	50	50	55	60	40	70	55	60	50	NV	53%

Task 18 Prepares seafood.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	50	50	50	50	50	45	40	60	30	45	40	50	NV	47%

BLOCK G GARDE-MANGER

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	8	10	5	8	10	10	13	12	5	12	8	9	NV	9%

Task 19 Prepares salads (hot and cold).

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	20	22	35	31	20	25	24	25	30	18	25	25	NV	25%

Task 20 Prepares hors-d'oeuvres (hot and cold).

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	22	13	5	0	20	20	16	25	10	25	10	20	NV	16%

Task 21 Prepares sandwiches (hot and cold).

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	14	15	10	28	10	20	19	25	20	15	25	30	NV	19%

Task 22 Prepares platters.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	14	15	20	31	5	5	11	10	20	10	20	10	NV	14%

Task 23 Prepares pâtés and terrines.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	16	13	5	0	25	15	10	5	5	20	10	0	NV	10%

Task 24 Prepares condiments and accompaniments.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	6	12	15	10	15	10	13	5	5	6	5	10	NV	9%

Task 25 Prepares aspics, jellies and glazes.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	8	10	10	0	5	5	7	5	10	6	5	5	NV	7%

BLOCK H DAIRY AND EGG PRODUCTS

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	6	9	5	10	8	7	3	6	7	5	8	7	NV	7%

Task 26 Prepares egg dishes and accompaniments.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	40	40	35	46	60	50	50	30	40	60	40	20	NV	43%

Task 27 Prepares cheese-related dishes.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	35	30	25	27	30	35	25	40	30	25	30	40	NV	31%

Task 28 Prepares milk-related dishes.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	25	30	40	27	10	15	25	30	30	15	30	40	NV	26%

BLOCK I CONVENIENCE FOODS AND BEVERAGES

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	9	4	5	8	0	2	2	4	5	3	5	7	NV	5%

Task 29 Prepares convenience foods.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	56	95	75	100	0	80	75	60	80	80	60	40	NV	73%

Task 30 Prepares beverages.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	44	5	25	0	0	20	25	40	20	20	40	60	NV	27%

BLOCK J BAKED GOODS

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	8	6	10	4	2	7	6	7	8	9	8	9	NV	7%

Task 31 Prepares doughs.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	40	20	40	0	25	40	34	40	30	30	30	35	NV	30%

Task 32 Prepares batters.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	27	30	40	0	50	30	32	40	30	30	30	30	NV	31%

Task 33 Finishes bakery products.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	33	50	20	100	25	30	34	20	40	40	40	35	NV	39%

BLOCK K DESSERTS

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	National Average
%	7	9	10	10	8	7	8	12	8	10	8	9	NV	9%

Task 34 Prepares creams, mousses and fillings.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	23	20	25	30	30	30	19	15	20	17	20	20	NV	23%

Task 35 Assembles cakes.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	16	13	20	10	5	25	19	15	20	27	20	15	NV	17%

Task 36 Prepares pastries and pies.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	18	12	30	15	30	25	18	30	25	20	25	30	NV	23%

Task 37 Prepares frozen desserts.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	11	20	10	35	15	5	12	10	10	9	20	15	NV	14%

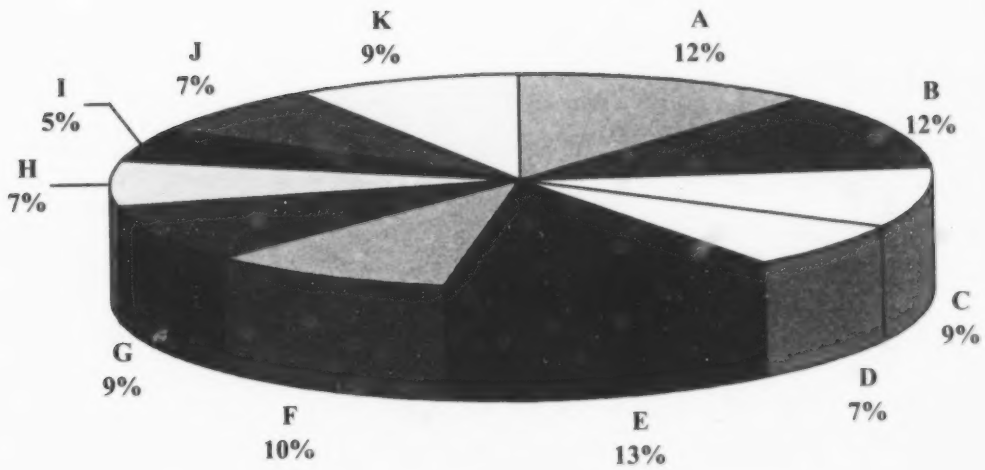
Task 38 Prepares dessert sauces.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	16	20	10	0	15	5	19	20	15	12	10	15	NV	13%

Task 39 Prepares chocolate.

	NL	NS	PE	NB	QC	ON	MB	SK	AB	BC	NT	YK	NU	
%	16	15	5	10	5	10	13	10	10	15	5	5	NV	10%

PIE CHART*
Cook



TITLES OF BLOCKS

Block A	Occupational Skills	Block G	Garde-Manger
Block B	Stocks, Soups and Sauces	Block H	Dairy and Egg Products
Block C	Vegetables and Fruit	Block I	Convenience Foods and Beverages
Block D	Pastas and Farinaceous Products (Starches)	Block J	Baked Goods
Block E	Game, Meats and Poultry	Block K	Desserts
Block F	Fish and Seafood		

* The average percentage of the total number of questions on an interprovincial examination, assigned to assess each block of the analysis, as derived from the collective input from workers within the occupation from all areas of Canada. Interprovincial examinations typically have from one hundred up to one hundred and fifty multiple-choice questions on each examination.

COOK (2003)

	BLOCKS	TASKS	SUB-TASKS				
A	**Occupational Skills**	**1.** Participates in menu planning.	1.01 Reviews menu.	1.02 Reviews customer requirements.	1.03 Reviews kitchen capabilities.		
		2. Maintains sanitary standards.	2.01 Sanitizes tools and equipment.	2.02 Practises personal hygiene.	2.03 Practises food safety procedures.	2.04 Practises good housekeeping.	
		3. Participates in production procedures.	3.01 Scales recipes proportionally.	3.02 Selects tools and equipment.	3.03 Maintains tools and equipment.	3.04 Communicates in standard culinary terms.	3.05 Works in co-ordination with staff.
		4. Reviews cost controls.	4.01 Orders products.	4.02 Receives products.	4.03 Stores food according to standard procedures.	4.04 Maintains cost controls.	
		5. Maintains standard industry practices.	5.01 Follows recipes.	5.02 Assures ingredient quality	5.03 Uses standard cooking methods and procedures.	5.04 Assures finished product quality.	5.05 Determines doneness of prepared foods.
B	**Stocks, Soups and Sauces**	**6.** Prepares thickening agents.	6.01 Selects ingredients.	6.02 Combines ingredients.	6.03 Cooks ingredients.		
		7. Prepares stocks.	7.01 Selects ingredients.	7.02 Processes ingredients.	7.03 Cooks stocks.		
		8. Prepares soups.	8.01 Selects ingredients.	8.02 Processes ingredients.	8.03 Cooks soups.	8.04 Serves soups.	
		9. Prepares sauces.	9.01 Selects ingredients.	9.02 Processes ingredients.	9.03 Cooks sauces.	9.04 Serves sauces.	

BLOCKS	TASKS	SUB-TASKS				
C **Vegetables and Fruit**	**10.** Prepares vegetables.	10.01 Selects vegetables.	10.02 Cleans vegetables.	10.03 Cuts vegetables.	10.04 Cooks vegetables.	10.05 Serves vegetables.
	11. Prepares fruit.	11.01 Selects fruit.	11.02 Cleans fruit.	11.03 Cuts fruit.	11.04 Cooks fruit.	11.05 Serves fruit.
D **Pastas and Farinaceous Products (Starches)**	**12.** Prepares pastas.	12.01 Selects ingredients.	12.02 Processes ingredients (or Makes pastas).	12.03 Cooks pastas.	12.04 Assembles pasta dishes.	12.05 Serves pastas.
	13. Prepares farinaceous products (starches).	13.01 Selects farinaceous products (starches).	13.02 Cleans farinaceous products (starches).	13.03 Cooks farinaceous products (starches).	13.04 Serves farinaceous products (starches).	
E **Game, Meats and Poultry**	**14.** Prepares game.	14.01 Selects game.	14.02 Processes game.	14.03 Cooks game.	14.04 Serves game.	
	15. Prepares meats.	15.01 Selects meats.	15.02 Processes meats.	15.03 Cooks meats.	15.04 Serves meats.	
	16. Prepares poultry.	16.01 Selects poultry.	16.02 Processes poultry.	16.03 Cooks poultry.	16.04 Serves poultry.	
F **Fish and Seafood**	**17.** Prepares fish.	17.01 Selects fish.	17.02 Processes fish.	17.03 Cooks fish.	17.04 Serves fish.	
	18. Prepares seafood.	18.01 Selects seafood.	18.02 Processes seafood.	18.03 Cooks seafood.	18.04 Serves seafood.	

	BLOCKS	TASKS	SUB-TASKS			
G	**Garde-Manger**	**19.** Prepares salads (hot and cold).	19.01 Selects ingredients.	19.02 Processes ingredients.	19.03 Processes dressings.	19.04 Serves salads.
		20. Prepares hors-d'oeuvres (hot and cold).	20.01 Selects ingredients.	20.02 Processes ingredients.	20.03 Cooks hors-d'oeuvres.	20.04 Serves hors-d'oeuvres.
		21. Prepares sandwiches (hot and cold).	21.01 Selects ingredients.	21.02 Processes ingredients.	21.03 Cooks sandwiches.	21.04 Serves sandwiches.
		22. Prepares platters.	22.01 Selects ingredients.	22.02 Assembles platters.	22.03 Serves platters.	
		23. Prepares pâtés and terrines.	23.01 Selects ingredients.	23.02 Processes ingredients.	23.03 Assembles ingredients.	23.04 Cooks pâtés and terrines.
		24. Prepares condiments and accompaniments.	24.01 Selects ingredients.	24.02 Processes ingredients.	24.03 Cooks ingredients.	24.04 Serves condiments and accompaniments.
		25. Prepares aspics, jellies and glazes.	25.01 Selects ingredients.	25.02 Processes ingredients.	25.03 Cooks ingredients.	

	BLOCKS	TASKS	SUB-TASKS			
H	**Dairy and Egg Products**	**26.** Prepares egg dishes and accompaniments.	26.01 Selects ingredients.	26.02 Processes ingredients.	26.03 Cooks ingredients.	26.04 Serves egg dishes and accompaniments.
		27. Prepares cheese-related dishes.	27.01 Selects ingredients.	27.02 Processes ingredients.	27.03 Cooks ingredients.	27.04 Serves cheese-related dishes.
		28. Prepares milk-related dishes.	28.01 Selects ingredients.	28.02 Processes ingredients.	28.03 Cooks ingredients.	28.04 Serves milk-related dishes.
I	**Convenience Foods and Beverages**	**29.** Prepares convenience foods.	29.01 Selects convenience foods.	29.02 Reconstitutes/ processes convenience foods.	29.03 Reheats/defrosts convenience foods.	29.04 Serves convenience foods.
		30. Prepares beverages.	30.01 Selects ingredients.	30.02 Processes ingredients.	30.03 Serves beverages.	
J	**Baked Goods**	**31.** Prepares doughs.	31.01 Selects ingredients (flour, leavening agent, herbs, fat, sugars).	31.02 Mixes ingredients.	31.03 Processes yeast products.	
		32. Prepares batters.	32.01 Selects ingredients.	32.02 Combines ingredients.		
		33. Finishes bakery products.	33.01 Combines ingredients for finishing bakery products.	33.02 Bakes/cooks doughs.		

BLOCKS	TASKS	SUB-TASKS				
K **Desserts**	**34.** Prepares creams, mousses and fillings.	34.01 Selects ingredients.	34.02 Processes ingredients.	34.03 Cooks fillings (mousses and creams).		
	35. Assembles cakes.	35.01 Selects ingredients.	35.02 Prepares icings and toppings.	35.03 Decorates cakes.	35.04 Serves cakes.	
	36. Prepares pastries and pies.	36.01 Selects ingredients.	36.02 Combines ingredients.	36.03 Cooks/bakes pastries and pies.	36.04 Decorates pastries and pies.	36.05 Serves pastries and pies.
	37. Prepares frozen desserts.	37.01 Selects ingredients.	37.02 Processes ingredients.	37.03 Serves frozen desserts.		
	38. Prepares dessert sauces.	38.01 Selects ingredients.	38.02 Processes ingredients.	38.03 Serves sauces.		
	39. Prepares chocolate.	39.01 Tempers chocolate.	39.02 Stores chocolate.			

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